

COVER

The Center For Resiliency
Evidence Based Art Interventions
For Self Discovery and Recovery
Healing Anxiety, Depression, and Disordered Behaviors

Art speaks the truth. Art gives you a true sense of safety. Art is a universal language.

FIRST INSIDE FLAP

The Center for Resiliency is based on the Human Potential movement which purports that every individual has the potential to reach their very best selves. It is firmly invested in all of us that we each have the potential to create the life of our dreams.

Resiliency is the ability to overcome challenges of all kinds (trauma, tragedy, personal crises, plain and simple life problems) and bounce back even stronger, wiser, and more personally powerful. This is precisely what we need when we are faced with life's inevitable difficulties. Studies have shown that the most important quality that one can possess is resiliency. There is a growing body of social science research that explains that individuals can bounce back, even from a lifetime of risk factors or very painful trauma or tragedy. In Fact studies show humans are hardwired to bounce back. A lack of resilience can transform everyday struggles into full blown life crises. The center for resiliency cultivates and nurtures resilience through the use of art therapy.

(MAYBE INSIDE CENTERFOLD ON LEFT SIDE)

Art therapy combines psychotherapy with the creative process of art making. It is used to assist patients to reach their optimal daily function, so they can carry on to create a life of joy, wellness and meaning. Creating art is useful because often words are simply not enough for human expression. The Center for resiliency provides a safe environment that promotes and fosters resiliency and expression through therapeutic art interventions. Helping patients find peace through activities that bring calm.

WIDE OPEN CENTERFOLD

The Center for Resiliency is a whole wellness center that provides a safe space with multiple state of the art modalities that facilitate hope and healing, and empower each client with sound education in mental, physical and spiritual wellness. The CFR offers a practical, researched and proven plan to transform your mind, body and spirit. Our evidence-based curriculum provides patients with a strategy that strengthens and cultivates resilience; providing tools and coping mechanisms for those who suffer from depression, anxiety and disordered behaviors, specifically eating disorders (anorexia, bulimia, binge eating) and OCD.

Creating new health habits occurs when you commit to a new behavior for a certain length of time; making that commitment can often result in long-term results that keep your body and mind functioning at optimal levels. The CFR has developed an evidence based 12 session curriculum

that follows the appropriate medical protocol for diagnosed eating disorders and other disordered behaviors. The program encompasses counsel from each: a professional doctor, therapist and nutritionist. The program involves meeting with the art therapist weekly and meeting with a nutritionist once a month all under the safety and guidance of a medical office. The curriculum is proven to strengthen one's ability to overcome life's difficulties by “drawing upon” internal qualities that we are all innately born with. These therapeutic art interventions are designed to allow each patient to create, explore and process their inner state through creative expression. Because art gives you a true sense of safety, emotions are externalized through the art work, allowing one to explore their inner selves within the confines of the artwork. Combined with the sound advice from a clinical nutritionist this protocol can have life changing results and can transform feelings of powerlessness to hopefulness.

BACK COVER

The CRF is proud to partner with ABOVE Wellness, a state of the art facility that offers exceptional, powerful and useful healing treatments to accelerate healing including: acupuncture, massage and physical therapy, Infrared therapy and so much more. Conveniently located in Pearl River, New York. The facility is open to patients and their caregivers.

Bolster your ability to trust your heart and ascend to reaching your full potential. Take charge of your life's purpose; take action. Take the first step by calling the Center for Resiliency at 917-863-2084

THE CENTER FOR RESILIENCY
145 E CENTRAL AVENUE
PEARL RIVER NY 10954